CATALDI. IT'S TIME TO TRADE PHILLIES' BEST

CHASE UTLEY DESERVES A BETTER FATE, SHOULD BE TRADED PAGE 23

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PHILADELPHIA'S #1 DAILY NEWSPAPER
Tuesday, June 10, 2014 www.metro.us | t:MetroPhilly | f:MetroPhilly

THE ROAD TO JENNIFER

Be true. When Metro salesperson Jen Lydon came out to co-workers as a transgender woman, she was finally free to be herself in all aspects of her life. **"I'm crazy happy."** Lydon found the courage to share her story, admitting for the first time in her life that she's happy. **One of our own.** Read her incredibly inspiring story only in Metro. PAGES 04-05

Jen Lydon, sitting here recently in LOVE Park, smiles a lot more these days. / CHARLES MOSTOLLER, METRO

National. Get ready to pay less on student loans
PAGE 08

Books. In defense of the erratic Vanessa Redgrave
PAGE 15

Parenting. What if the ice cream man sold healthy treats?
PAGE 20

Plus. What makes this number so magnificent?
PAGES 16-17

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ITEMS SHOWN NOT INCLUDED

H&M

UPenn prof calls foul on Koch bros.

Look a gift horse in the mouth. A local professor criticized tea party supporters the Koch brothers' $25 million gift.

The United Negro College Fund, founded in 1944 to help African-Americans pay for higher education, announced a new $25 million donation Friday that will go toward scholarships for black students.

But a University of Pennsylvania professor, and TEDx speaker, said the UNCF should not have accepted it because it came from the Charles Koch Foundation — one of the conservative billionaire Koch brothers, along with David Koch.

"I believe that they should not have accepted it, that they should have tried to go elsewhere," said Marybeth Gasman, also the author of "Envisioning Black Colleges: A History of the United Negro College Fund."

"The Koch brothers have underwritten and supported many, many practices and policies that disenfranchised minorities, low-income people and African-Americans," Gasman said, citing the Koch brothers' donations to politicians who seek to cut programs like Head Start, Pell, SNAP and WIC.

Gasman said she herself grew up in Michigan depending on these types of programs.

The "Koch Scholars" program would offer funds to "exemplary students with demonstrated financial need and an interest in the study of how entrepreneurship, economics and innovation contribute to well-being for individuals, communities and society." A panel with two Koch reps will dispense the funds.

Quoted

"I went to Head Start, my family received food stamps. ... If it weren't for those programs, I never would have gone to college."
Gasman

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Funds for college

Out of $25 million, $18.5 million will go to individual scholarships, while $6.5 million will go to historically black colleges and universities and UNCF.

- The Koch brothers support 340 programs at more than 250 colleges and universities nationwide, UNCF said.
- Gasman urged the public to donate to UNCF.

Visit **metro.us** for more from Gasman and program details.

Neighborhood's tribute to fallen SEAL

A mural in Port Richmond of local Navy SEAL Petty Officer 1st Class Michael Strange was dedicated Saturday. Strange died along with 30 other SEALS when the Taliban shot down their Chinook helicopter in Afghanistan on Aug. 6, 2011. / CHARLES MOSTOLLER, METRO

Florida. GRINDR robbery, rape suspect caught out of state

The man suspected of raping, robbing and holding captive a Canadian teacher visiting Philadelphia in April was charged after being extradited from Florida, authorities say.

Douglass Casey, 26, was arrested May 7 in Florida, police said, and prosecutors announced Monday that he was charged with sexual assault and robbery. He is being held on $1 million bail.

The details of how Casey was arrested were not immediately available.

The 34-year-old Canadian male victim was a teacher visiting Philadelphia for the American Educational Research Association 2014 conference. He told police he invited Casey back to his Hilton hotel room after contacting him through GRINDR, a gay hook-up app.

Casey, aka Douglass Spady, was identified by police days later using video surveillance footage. His next court date is scheduled for June 26.

SAM NEWHOUSE

GRINDR abuse

Casey allegedly forced the victim to have sex at gunpoint, then made him withdraw $1,000 from ATM machines and buy $2,000 worth of Visa gift cards.

- The victim fled when his captor brought him to a bar.

Charged

Newark man arrested for Philadelphia man's murder

A 33-year-old New Jersey man was arrested and charged Saturday with the murder of a Philadelphia man, police said Monday.

Christopher Fields / PPD

Around 11 p.m. on June 7, police responded to a call at Fifth Street and Roosevelt Boulevard for a report of gunshots fired.

When police arrived, Christopher Fields, of South Hawthorne Lane in Newark, New Jersey, was seen fleeing the scene on foot, police said.

He was caught and charged for the shooting of 43-year-old Todd Riley and Riley's passenger, a 31-year-old woman, in Riley's tan 2003 Buick Century.

Both were transported to Temple Hospital by police.

Riley, of the 1300 block of Wingohocking Street, was pronounced dead, while the woman is listed in stable condition.

Fields was charged with murder and violation of the uniform firearms act.

METRO

1 NEWS

Local tweet

"First my brother makes me look bad by sending my mom flowers for Mother's Day and now he's coming home from Philly for Father's Day"

So what you're saying, @JessicaLytle, is he loves your parents more?

Top 3

What's trending online at Metro.us

1. 'Oh yes, the new Psy music video is here'
2. 'VIDEO: Manny Machado flings bat, starts bench-clearing brawl
3. '"Game of Thrones" recap: Season 4, Episode 9, "The Watchers on the Wall"'

'I'M PROUD OF

The road to 'Jen.' From an early age, Jennifer Lydon knew she was a woman, though she was born male. There were dark days and bouts of feeling helpless. But with support from family, friends and co-workers, the Metro ad salesperson was able to open up about her transformation — and how she's finally comfortable in the body she was born to be in.

"I'm happier than I've ever been," says Jennifer Lydon, as she poses in the lobby of Metro's office building in Center City.

ALL PHOTOS CHARLES MOSTOLLER, METRO

Brian Lydon's leg bounced underneath his desk. He pulled on his pin-striped suit jacket and ran his fingers through his hair.

"I want to thank everyone in advance for hanging out after the meeting to hear what I have to say," he began. His hands started to shake. "I would like to share something of a personal nature with all of you. In fact, I now feel as though I need to."

On March 19, the 48-year-old Metro ad salesman and Northeast Philadelphia native would reveal his true self to colleagues at the end of a monthly staff meeting.

In the glass-enclosed conference room overlooking Philadelphia's City Hall, Lydon's co-workers gathered to acknowledge birthdays, milestones and Employees of the Month. In an unusual aside, Metro's HR director talked about workplace diversity, then asked Lydon if he wanted to say something. Lydon pointed: "Can you close the door?"

"Look, I'm a little nervous," Lydon said, his leg pumping like a jackhammer, as he unwrinkled a piece of paper. "So I'm just going to read this."

Heads swiveled: Was he quitting? Was it cancer?

"Over the years some of you may have noticed how I always seem to shy away from social situations. I've been fighting a lifelong struggle — one that in the early 1970s was not even close to being understood."

Was he an alcoholic? Is this his 12th Step?

"Well, approximately five years ago, after decades of guilt, suppression and substance abuse, I finally sought out the professional help I so desperately needed — and after being diagnosed with gender dysphoria, I finally accepted the fact that I am what is more commonly referred to as transgender."

There it was: The professional called Brian Lydon was only a mask. Outside of work, he was Jennifer. Brian was just a suit, but Jennifer was real.

"My family accepts me," Lydon went on to say. "My ex-wife is now my best friend, and I am currently in a long-term relationship. For the first time in my life, I can pretty much say that I am happy. We spend one-third of our lives at work. And personally, I can no longer play [a role]. I'm proud of who I am."

Lydon peered around the room. Some dabbed at their eyes, some brought a hand to Lydon's shoulder. Applause broke the moment of silence. Metro Director of Finances Peter Handy stood: "That was extremely brave. That took a lot of intestinal fortitude to do. I could say another word, but I won't."

The last step of Lydon's transformation was complete. Throughout her entire life, from now on, she would be known as Jennifer Lydon.

"You look like a huge weight has been lifted off of your shoulders," Handy added. Lydon threw up her hands: "Yeah, well, life's too short to not be happy."

Visit **Metro.us** for video of Lydon talking about her journey, plus more stories and photos.

Quoted

"We spend one-third of our lives at work. And personally, I can no longer play [a role]. I have no doubt that if given the chance, a happier, healthier ME will not only find my place, but will also become an integral part of the team." Lydon, in a speech to Metro co-workers

Finally 'me'

The mailman slipped the Sept. 6, 1976, issue of Sports Illustrated through the mail slot. When 11-year-old Brian Lydon opened it to the full spread on Renee Richards, the transgender female tennis player who wanted to compete at Wimbledon, his eyes widened.

"I had never seen anything like this," Lydon said, looking back.

When his siblings were in bed, Lydon read the magazine under a lamp. Back then, Lydon knew he was a Renee Richards.

"I remember seeing that and was like, 'Oh, my God. You can actually change,'" Lydon said. "And I wanted it. I wanted it."

Seeing Richards made Lydon aware that he wasn't the only one sneaking around, trying on his sister's clothes. He wasn't the only one who preferred playing with Barbies. He wasn't alone.

The first life

Lydon put down her soda, crossed her legs and cracked her wrist. She knew she was female from a very young age, but tried to "beat it," as she puts it.

At 21, Lydon went out to California to escape, often taking rides out to Sunset Boulevard. "I got scared because I wound up driving around in the middle of the night looking at the drag queens and wanted to join them."

At the time, there was no Internet. There were no support groups for

WHO I AM’

Lydon, left, with sales director Jennifer Clark, walks out of the Metro office in Center City before taking a sabbatical.

A sign reading “The way to get started is to stop talking and start doing” hangs in the sales department by Lydon’s desk.

Metro co-workers had one last drink with the person they knew as Brian Lydon in March, before Lydon’s sabbatical.

3

transgender men and women, Lydon recalled.

So Lydon came back to Philly.

“I’m glad, because if I would have come out then, I can almost be sure I’d be dead,” Lydon said.

She brought her voice down to a whisper: “I hated what I was. And when you hate what you are, that’s not a good thing.”

And then, Lydon met Debbie. “Debbie kind of saved my life.” The couple got together in their early 20s. Debbie already had two children — Amy and CJ — from a previous relationship. Before they wed, Lydon told Debbie about her past wearing women’s clothes, and she slowly revealed more as their relationship grew.

“I loved Debbie. She was my soul mate,” Lydon said. “I still love her.”

The couple had two girls together — Vicky and Debbie — and settled in Montgomery County. A tattoo of a shamrock on Lydon’s right arm has two ribbons around it: “Debra and Brian.”

The family

4

Lydon’s brother Michael Tittinger remembers taking a break from watching a Raiders game years ago to check messages on his phone. He came across an email from his brother. It started: “Michael, there is something I’ve been waiting to tell you.”

Scanning through the email, he stopped on the word “transgender.”

Ignoring questions from his wife, he got up from the couch, went to the back bedroom and read the rest of the message.

He was the first in the family to know.

Tittinger said he and Lydon are now closer than ever. “I may have lost my brother and gained a sister, but I still have a best friend.”

The rest of Lydon’s Irish Catholic family was also accepting of the news. They all met at the family home one day, and Lydon couldn’t hide the fact that something was up. Lydon’s mother broke the silence to ask what was happening. That’s when Lydon broke down.

“I’m transgender, Mom,” Lydon told her. “I’ve been my whole life.”

Lydon’s parents didn’t know what that meant. She recalls her mother asking if it was the same as being gay. Realizing how alone Lydon must have felt, her mother said, “I’m so sorry you had to go through this.”

Lydon remembers feeling at that moment that her parents wanted to help her move forward. “I knew they would still love me,” she said. “But never in my dreams did I think it would have went so well.”

The kids

5

Lydon’s four kids, who are all adults now, gathered in the living room of the oldest daughter’s house in Northeast Philadelphia along with Lydon’s ex-wife and boyfriend, Tony.

Tony and Lydon first went out on a date in September 2011. They’d met a month earlier at a karaoke night. Tony remembers Jennifer singing “Tiny Dancer.”

This isn’t the first time he’s met Debbie; in fact, she joins the couple out together often.

“We’re really close,” Debbie said of Lydon now. “We’ve changed a lot as far as, obviously, a relationship, but I love her. And I’ll tell you, I did not like Jen. I couldn’t’ stand her. I went to the therapist and said, ‘She’s a bitch. Jen killed my husband.’ But now it’s like, ‘Jen’s awesome.’”

Lydon interrupts: “It was hard. But once I accepted who I was, it was like I couldn’t stop.”

Their daughter, young Debbie, says it’s funny: “People have mistaken Jen for my mother.”

When Lydon came out, she was worried that her family would alienate her. “I thought I would never have a loving relationship with [my kids].”

But she couldn’t have been more wrong.

“I think it made us stronger, because now you can be yourself. Because you used to go in your room a lot, and now that you feel comfortable, it brought us together,” the younger Debbie said.

“I would come home, drink beer, take a few Valium and try to numb everything,” Lydon said. “If I have one regret, it’s maybe that I would have done this earlier. But if I had done it earlier, I don’t think everything would have played out so well. And I wouldn’t have this beautiful family.”

Quoted

“I’ll tell you, I did not like Jen. I couldn’t stand her. I went to the therapist and said, ‘She’s a bitch. Jen killed my husband.’ But now it’s like, Jen’s awesome.” Debbie, ex-wife

No looking back

Meeting Jen Lydon

6

Jennifer Lydon sat at the bar and nursed a diet soda on a Friday afternoon in April, about a month after she came out to her Metro Philadelphia co-workers. She had taken several weeks of sabbatical to get things in order and to meet with clients who may be confused about the salesperson now in front of them.

She pulled on her leather jacket and ran her hands through her long, wavy blonde hair. A bright smile stretched from ear to ear.

“I’m crazy happy, happier than I’ve been,” she said.

An “F” now appears on her driver’s license, her email address at work has changed and she was fingerprinted at the police station. She’s officially “Jen.”

“I’m excited to get back to work,” she said.

She wore her makeup lightly — eye shadow and eyeliner. A cross hung from her necklace, and a yin/yang bracelet dangled off her wrist.

“I’m actually very lucky that Metro’s giving me a chance,” she said, pulling on her earlobe, “because most people that try coming out at my age, it doesn’t work out. Very few of us are employed. It’s getting better.”

She acknowledges there will be challenges along the way, but is confident that it will all work out.

“Life always throws trouble at you, but every problem I’ve ever had just goes back to this. I always put the two together, and it just put so much stress on my life,” she said.

She pulled her drink to her still-smiling, lightly painted lips, and took a sip before adding surely: “That’s gone now.”

Quoted

“For the first time in my life, I can pretty much say that I am happy.”
Lydon

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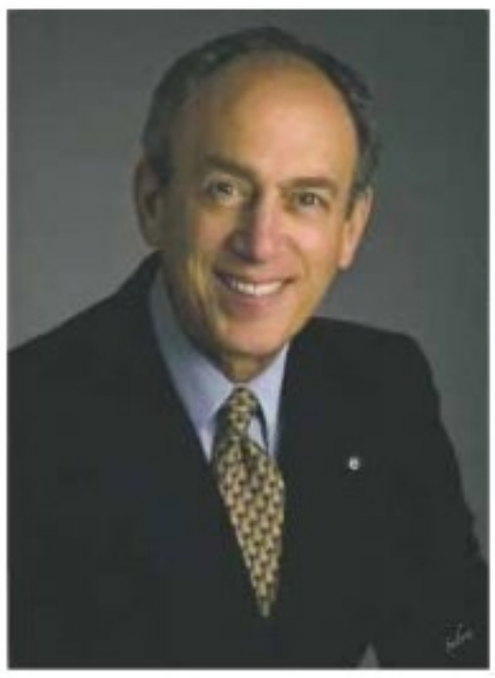

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See more at www.metro.us

Splurge. The yearly event benefits Alex's Lemonade Stand and the Vetri Foundation.

Mention the name Marc Vetri to someone in Philadelphia, chances are they'll have a food story to share. No surprise, then, that Vetri throws one of the largest, most extravagant food events each summer, The Great Chefs Event.

Forty chefs will gather at the Navy Yard today to cater the event's ninth installment, raising money for Alex's Lemonade Stand and the Vetri Foundation for Children.

"[Partner and restaurateur Jeff Benjamin and I] saw all these signs up for the Alex's Lemonade Stand," said Vetri. "I called them and got to talking."

To raise big bucks, Vetri will pull out all the stops for Great Chefs. Iron Chefs Jose Garces and Michael Symon, "Top Chef" winner Kevin Sbraga, Michael Anthony of New York's Gramercy Tavern and celebrity chef Tom Colicchio are among the participants.

Iron Chef Jose Garces
PHILIP GABRIEL PHOTOGRAPHY

The after party

VIP ticket holders can enjoy an after party at Alla Spina (1410 Mt. Vernon St.).

- The entire block will be shut down and The Roots' Questlove will DJ.

JULIA WEST
@MetroPhilly
letters@metro.us

Protesters bombard Corbett, Christie

Parents, teachers and students chant slogans at a protest outside of the Union League building in Center City, where Pennsylvania Gov. Tom Corbett and N.J. Gov. Chris Christie held a private fund-raiser on Monday evening. The protestors called for increased funding for education and health care. / CHARLES MOSTOLLER, METRO

Walkout

Regional Rail workers could strike

SEPTA is attempting to impose its new contract agreement on 400 Regional Rail workers who are not satisfied with the raise and may strike come 12:01 a.m. Saturday, reports said. According to the Inquirer, the union officials said the proposed raise by SEPTA for the workers is too low.

SEPTA said the contract will go into effect for the workers on Sunday. Gov. Corbett has asked President Barack Obama to intervene if the workers walk out. METRO

Tragic

Man killed by SEPTA train

A man was killed around 6 a.m. Monday morning after he was hit by a Manayunk-Norristown Regional Rail line car in East Falls, officials said.

None of the riders were injured. METRO

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2014 KEYNOTE SPEAKERS

Janet Mock, author of *Redefining Realness:*

Harper Jean Tobin, Esq. Director of Policy, NCTE

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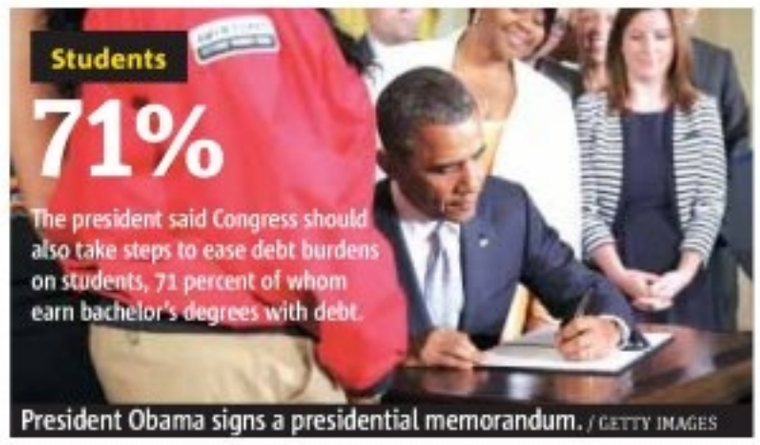
LGBT HEALTH & WELL-BEING

Obama easing school debt law

Worth the wait.
The president moves to lessen student loan burden, though the action won't take effect until 2015.


Students
71%
The president said Congress should also take steps to ease debt burdens on students, 71 percent of whom earn bachelor's degrees with debt.
President Obama signs a presidential memorandum. / GETTY IMAGES

President Barack Obama on Monday signed an executive order making it easier for up to 5 million people to pay off college tuition debt, and scolded congressional Republicans for opposing legislation that would lower student-loan borrowing costs.

Obama signed an executive order allowing more people to limit repayments of federal student loans to 10 percent of their monthly incomes.

The administration will also try to lower student costs by renegotiating government contracts with companies like Sallie Mae that service student loans, he said.

Visit **metro.us** for local reactions on the president's executive order.

Senate Democrats have proposed legislation that would allow millions of Americans to refinance both federal and private undergraduate student loans at lower interest rates.

The bill is unlikely to overcome the opposition of Republicans, who say the measure would come at too high a cost for the government. Obama said Republicans were not doing enough to support students. REUTERS

Painful Varicose Veins and Swollen Legs?

Now is the time to take care of it! Varicose veins are MORE than just a cosmetic problem. They can also be a warning sign of a condition called Venous Insufficiency that kills over half a million people every year.

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More adults are mooching off parents

See more at www.metro.us

New study. Not only are adults living at home, their parents are paying their bills.

The phenomenon of adult children living at home is growing.
GETTY IMAGES

VoucherCloud.net released a report showing that the number of adults living at home has been increasing steadily since the trend began in 2007. Today, it's costing mom and dad an average of $2,300 per year.

Thirty-seven percent of parents confess that their adult, home-bound children don't contribute toward living expenses.

More than 2,580 U.S. citizens took part in the study, with an equal split between male and female respondents, all of whom had a child aged 21 or older living with them in the family home at the time of the survey.

A majority of respondents — 42 percent — say that they have children aged between 21 and 24 living at home, while 37 percent have children aged between 25 and 29 at home.

One in five respondents have children aged 30 or older living at home.

Sixty-three percent of respondents say their adult kids contribute toward various household expenses and groceries. The remaining 37 percent say they get nothing.

"With the current economic situation and the recent rise in house prices, it is no surprise to see a number of American adults still living at home with their parents," says Matthew Wood of VoucherCloud.net.

He explains: "It is important to remember that many of these young adults might have accumulated a lot of debt from college and other lifestyle spends. So spending a few years back at home really can be the best option for many."

By the numbers

How much do adult children cost their parents per year?

$1,250
Groceries

$100
Insurance

$440
Utilities

$250
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$260
Entertainment

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Is Whole Foods in trouble?

Investing. The grocery store's stock is way down and here's why.

Whole Foods is no longer the only big grocer selling local, organic products. / GETTY IMAGES

The lines may still be unbearable on Friday evenings, but if the stock market is any indication, megachain Whole Foods isn't doing so well. CNN reports that Whole Foods is the worst performer in the S&P 500 this year.

The store's success may be responsible for its own stock market plummet. After other big grocers saw how hungry customers were for organic, locally made products, they started selling them as well. Now, Whole Foods isn't your only option to find such items. Even discount supermarkets, like Fairway and Costco, sell them.

But with in-store cooking classes and beer-tasting events held on a regular basis, Whole Foods is already thinking of ways that go beyond just selling healthy foods to take its brand to the next level. Those lines at the register aren't disappearing just yet, so the numbers could turn around.

By the numbers

35%

Percentage drop in shares of Whole Foods stock since November 2013

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Testing. The ACT just made its writing section more complicated

Just months after the College Board announced major changes to the SATs, the ACT has unveiled an updated format of its own.

Beginning next year, the ACT will include more challenging writing prompts for the optional essay portion of the exam. The current writing section asks students to argue a side of a controversial issue. When the new format takes effect, test-takers will be given prompts that are more complex. The essays will then be scored according to four categories: ideas and analysis, development and support, organization and language use.

Students will also receive scores in what ACT officials call "readiness indicators." These include a "STEM Score," which indicates the student's math and science scores on the test and an "English Language Arts Score."

"We are constantly seeking ways to bring new and innovative features to our customers," Jon Erickson, ACT president of education and career solutions says in a statement. "These research- and evidence-based enhancements are designed to keep our products relevant and helpful. They will be introduced gradually and thoughtfully so our customers don't experience radical changes."

LAKSHMI GANDHI

More challenging essay questions are in the ACT's future. / FUSE

Quoted

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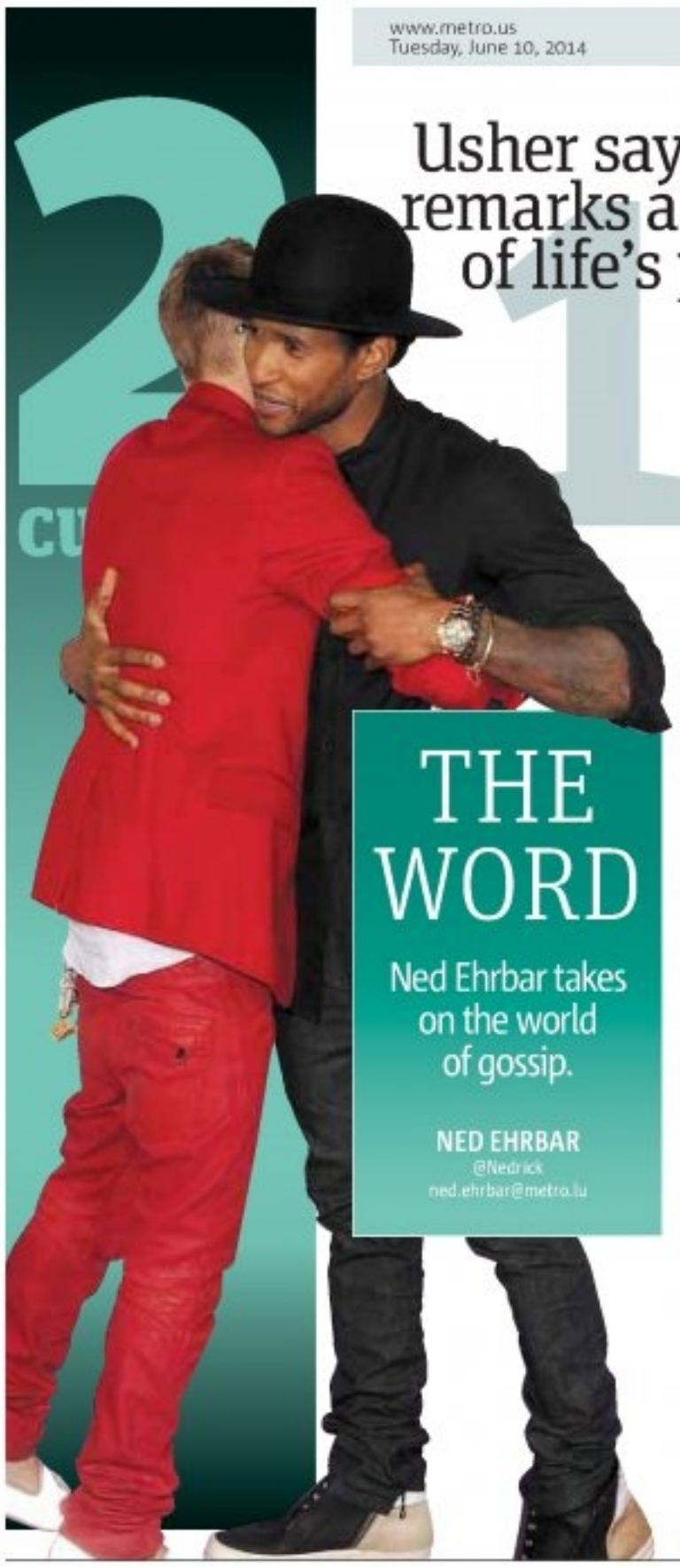

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

Usher says Bieber's remarks are 'all part of life's process'

Usher insists that Justin Bieber is totally not a racist, despite the videos that have surfaced of a teenage Bieber making racist remarks. "At my core, I am a person that supports growth and understands without judgment that growth often comes as a result of pain and [continuous] effort," Usher wrote in a comment aside an Instagram pic of himself and Bieber. "I can tell you that he hasn't always chosen the path of his greatest potential, but he is unequivocally not a racist. What he was five years ago was a naive child who did not understand the negative power and degradation that comes from playing with racial slurs. What he is now is a young man faced with an opportunity to become his best self, an example to the million of kids that follow him to not make the same mistakes. I gave every bit of advice and always told him it was up to him if he really wanted this. Now that he has it, as an adult, it's his to manage. Do I turn my head in shame based off of what I see, what I know? Nah, I don't because it's all part of life's process."

Talking point

Gyllenhaal and McAdams: just pals?

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works, but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, "Southpaw," are just good friends and colleagues. For now, at least!

Bryan Singer, left, chatted with Ian McKellen at a party in November. Many of the Singer photos available on the Getty Images website don't feature him posing with too many high-profile personalities after the date when the impending lawsuits came to light. Go figure. / ALL PHOTOS BY GETTY IMAGES

Bryan Singer too troubled for future 'X-Men'

Bryan Singer's legal troubles didn't appear to have any negative impact on box office sales for "X-Men: Days of Future Past," but that doesn't mean he's in the clear just yet as far as professional fallout goes. All the attention surrounding Singer — who is being sued for allegedly sexually assaulting a then-17-year-old boy in 1999 — could still cost him the directing job for the franchise's next film, "X-Men: Age of Apocalypse," according to Radar Online. "Fox isn't confident in it not heavily impacting production. Bryan's lawyers are going nuts because the deal was closed months ago," a source says, adding that the studio brass "don't really care whether he's innocent or guilty. They're only concerned with the bottom line, which is giving him another $250 million to $350 million to make 'Apocalypse.' There have been talks about who else he'd let direct it with him producing, but those led to heated arguments and walkouts. They're also looking at how far back they can push production without moving the release date, if any lawsuit did get a court date."

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A brilliant headache

Take a bow. Film writer Dan Callahan talks the pains and joys of writing a book about Vanessa Redgrave.

Of the world's master thespians, Vanessa Redgrave is likely the most problematic. Although she has plenty of theatrical bona fides, her screen career — although brilliant — is patchy. And then there's her political activism, which includes working with the controversial Workers Revolutionary Party and enraging many with her defense of Palestine, among others. But writer Dan Callahan stormed ahead anyway. "Vanessa: The Life of Vanessa Redgrave" is a critical study of the actress' work that isn't afraid to delve into her controversies or to set certain records straight.

You call her the greatest actress who ever lived, but you're very critical of her work and call some performances misjudged.
Her method is very erratic. She can only get as high up as she has because she doesn't follow a straight line. She has all these bad ideas that people have to talk her out of. The trick is to have her go with the brilliant one no one else on Earth would have thought of. … She's never mediocre; I never feel with her that she isn't interested.

MATT PRIGGE
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Vanessa Redgrave poses with the Oscar she won for 1977's "Julia," right after her controversial acceptance speech. / GETTY IMAGES

Into the brink

Political animal

You aren't afraid to go into her political life.
You can't have one without the other. Part of the reason I wanted to write this book was that her own autobiography from 20 years ago is very confusing and obscure about [her politics]. She writes mainly about that and not her work. I wanted to write about her work, but I wanted to clarify this Workers Revolutionary Party period, too.

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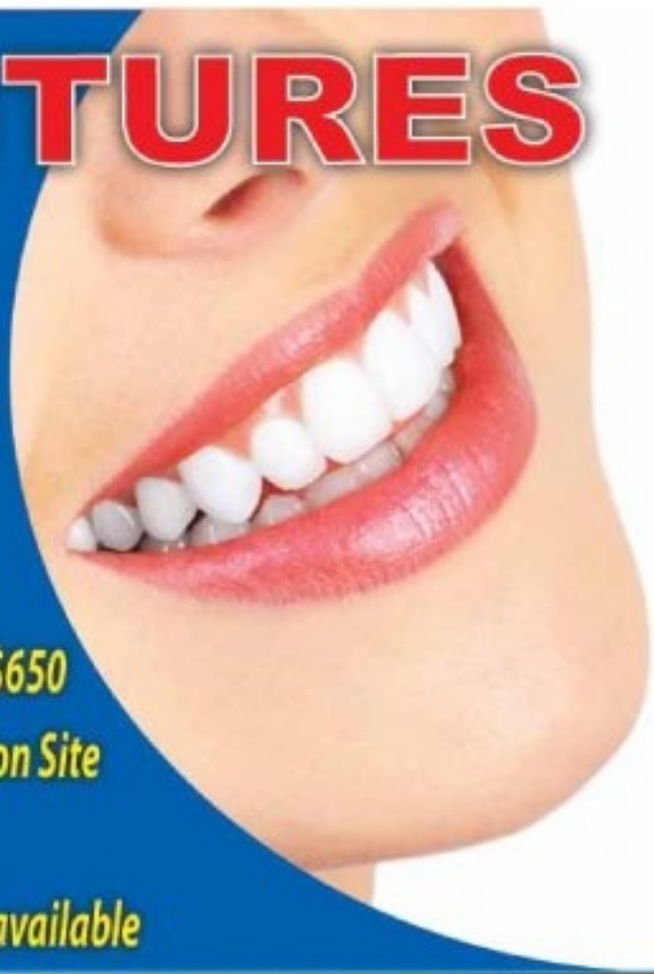
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Math is cooler than you think

Nonfiction.
This book about numbers just might wow you.

British journalist Alex Bellos has pretty strong feelings when it comes to math. "My first love has always been mathematics," he says. The Guardian reporter holds degrees in math and philosophy from Oxford University and has just written "The Grapes of Math," a book that dispels mathematical mysteries and shows how math is a big part of our daily lives.

Bellos' background as a storyteller makes "Grapes of Math" enjoyable whether you like math or not. The book has plenty of "wow moments," which Bellos says he made sure to include every couple pages. Take the below quiz to discover just a few.

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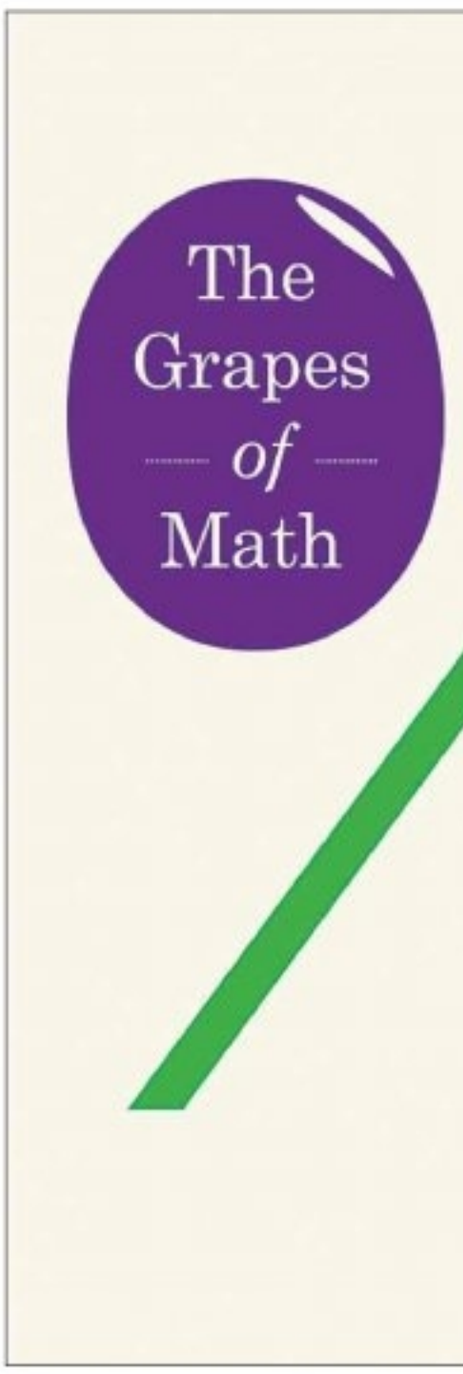

The quiz

1 What is the most popular number?
a. 5
b. 100
c. 7

2 What is the most unlucky number?
a. 13
b. 4
c. 9

3 What basis of math does every GPS system rely on?
a. Physics
b. Algebra
c. Trigonometry

4 What gender do most people give numbers?
a. Male
b. Female
c. Depends on the number.

5 In this newspaper — or any newspaper, really — what percentage of numbers appearing in the various sections start with a one?
a. 31 percent
b. 50 percent
c. 91 percent

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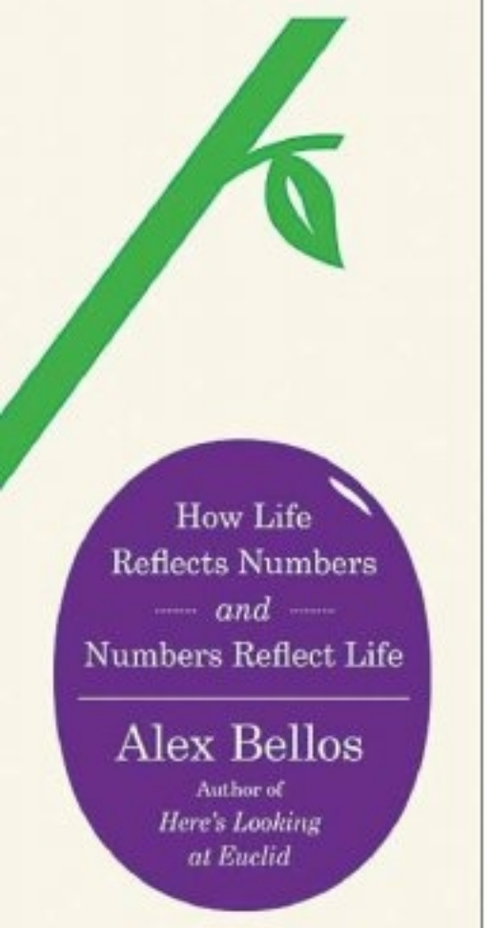

The answers

1 The answer is c.
Explanation: "It surprised me that almost everyone has a favorite number," Bellos says. "It showed me that people have real emotional connections to numbers." After polling 44,000 people on their favorite numbers and finding seven at the top, he concluded that people like numbers that stand out; seven is the only number between one and 10 that cannot be multiplied or divided within the group.

2 The answer is b.
Explanation: In his book, Bellos points out that some cultures feel such a strong aversion to the number four that it has become a self-fulfilling prophecy: Fatal heart attacks among Japanese and Chinese Americans occur more often on the fourth of each month than any other time.

3 The answer is c.
Explanation: "You can make a triangle whatever size you want, but if the angles stay the same, the size stays the same. That is the basis of essentially all ... of astronomy and also all GPS," Bellos says.

"My approach to writing this book was very much like being a foreign correspondent for math," author Alex Bellos says. / PROVIDED

4 The answer is c.
Explanation: In "Grapes of Math," Bellos explains how psychologists say it's common for people to assign numbers a gender. Odd numbers are generally seen as male, and even ones are seen as female.

5 The answer is a.
Explanation: This comes down to Benford's Law, which describes how when a number appears in a book, newspaper, atlas or bank account anywhere in the world, the first digit will be one 31 percent of the time. The number nine is the first digit 4.5 percent of the time, Bellos explains.

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Cape Cod isn't just about the chowder

Get your kicks off Route 6. The Cape is known for beautiful beaches, but its restaurants are an equally worthy attraction.

Sage Inn & Lounge in Provincetown's center offers tapas style dining and cocktails infused with herbs plucked from the vertical herb garden on the patio. The locavore menu has more than a touch of whimsy — such as luscious Asian Spam sliders with cauliflower puree — and showcases flavorful pairings such as lamb with blueberry and tarragon.

A mainstay on the Cape for 20 years, **Mac's Seafood** recently opened a sleek new Provincetown restaurant, offering classic Cape cuisine such as flounder in a beurre blanc, sushi and Happy Hour buck oysters from 3 p.m. to 5 p.m. For old Cape charm, the original **Mac**'s in Wellfleet Harbor is one of the Cape's best spots for sunset watching.

Provincetown teems with people and fun, delicious restaurants. / GETTY IMAGES

In Mid-Cape, tucked near Hyannis airport, **Pain D'Avignon** is easy to miss. Once found, however, the bakery and bistro serves fresh salads and sandwiches for lunch, fruits de mer or roasted organic chicken for dinner entrees and an exceptional wine list.

In Falmouth village, try breakfast at the **Pickle Jar**, where a standout is the blueberry muffin French toast with Greek yogurt. At the village green, the **Palmer House Inn**'s wrap-around porch is the perfect place to end the day. Included in the room rates of this Victorian inn is an elegant cooked breakfast.

LINDA CLARKE
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Provincetown

The 411 on 141

Provincetown, a favorite among artists and the LGBT community and also a hub of progressive dining. Ask locals where to eat and they'll recommend **141 Bradford Natural Market**. You need to try the vegan dark chocolate torte (below).

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Snack time.
Make these easy popsicles with help from your kids.

Mister Softee's looped song is enough to inspire even the most spoiled of brats to behave. But what kids will enjoy even more than just eating their sweet frozen treat is actually making them with you. We know it might require more patience and more paper towels than you have on hand, but the end result will give you both a sense of accomplishment. Food52, an online resource for recipes, dining inspiration and entertaining necessities, shared with us two nutritional popsicle recipes that are as easy as they are delicious.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Healthy popsicles to make for kids

Freeze these mango popsicles in the morning and enjoy them later for a refreshing snack. FOOD52, JAMES RANSOM

Treats

See more at www.metro.us

Mango Lassicles

By Nicholas Day

Ingredients:
- 1 ½ cups fresh mango pulp
- 1 cup Greek yogurt
- 1 tbsp honey
- Pinch of salt
- Pinch of ground cardamom

Instructions:
Combine all ingredients in a blender and blend very well. Freeze in the ice-pop containers of your choice. Allow four hours or so for freezing.

Recipe. Natural, All American Rocket Pops

Ingredients

- 1 cup hulled strawberries, partially frozen
- 1 to 1¼ cup coconut water, divided
- 2 to 3 tbsp agave nectar or honey, divided
- ½ cup blackberries, partially frozen
- ½ cup blueberries, partially frozen
- 1¼ cups crushed ice
- 2 to 3 tbsp lime juice
- 1 tsp lime zest

By Ashley McLachlin

Instructions:
Blend strawberries, ¼ to ½ cup coconut water, and 1½ to 2 teaspoons agave nectar or honey. Use as little coconut water as possible to thicken the mixture. Empty into a bowl and freeze for 30 minutes (it will be slushy). Blend blackberries, blueberries, coconut water and either agave nectar or honey. Freeze. Blend crushed ice, lime juice, lemon zest, coconut water and agave nectar or honey. Spoon the mixtures — they should be thick — into molds, layering them. Place a popsicle stick in each mold and freeze for four hours.

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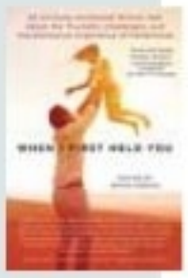
Father's Day book picks

Stereotypically, dads aren't big talkers. Moms build communities with other moms so that they have sounding boards to ask their burning questions about applying to preschools and whether wine is OK to drink when you're breast-feeding. But fathers tend to do it without the village. These three insightful new books help dads break their silence. **EMILY LAURENCE**

'When I First Held You'

by Brian Gresko

Twenty-two well-respected writers talk about fatherhood at different stages and how it has transformed them. In poignant and, at times, funny essays, the fathers write about the surprises becoming a dad brings.



Lev Grossman writes about the frustrations of having to put his career on hold when he became a father, only to find his writing changed for the better. David Bezmozgis writes about how his daughter's birth made him think about his father's death in a new way. And Alexi Zentner recalls the sheer exhaustion of those early days.

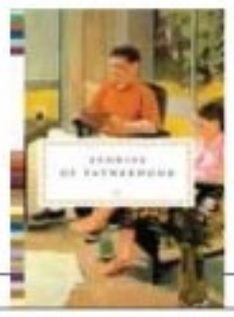
Whether you're raising a newborn or an almost-adult, you'll feel a sense of community with these dads.

'Stories of Fatherhood'

by Diana Secker Tesdell

If you favor the literary greats, "Stories of Fatherhood" belongs on your bookshelf. Diana Secker Tesdell compiled some of the best tales about dads.

There's a touching story about Christmas written by Vladimir Nabokov; James Joyce's "A Little Cloud" is about a man who still doesn't feel complete after having a son; and Franz Kafka's "The Judgement" explores the complex relationship between a man and his father. They prove that complicated feelings about parenthood are not a side effect of modern life.



'Mommy Man: How I Went From Mild-Mannered Geek To Gay Superdad'

by Jerry Mahoney

Even in a progressive metropolis, being a gay dad — or trying to become one — can make you feel like you're the only one who has ever gone through it, ever. Blogger Jerry Mahoney's funny and honest new book chronicles his journey into parenthood with his partner, starting with their adoption vs. surrogate debate. If you're a gay parent who has dealt with homophobic strangers, a startled family or wondering how to explain your family to your kid, this book is for you.

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Horoscope

♊ Gemini | May 22-June 20. Interviews, settlements or investment opportunities will turn in your favor. Try using innovative methods to bring in extra cash.

♋ Cancer | June 21-July 22. Love will brighten your day. If you let others see your affectionate side, you will meet someone new or improve your current romantic relationship.

♌ Leo | July 23-Aug. 22. Trying to get your own way by force will cause a rift with someone. You will not gain support if you aren't a team player.

♍ Virgo | Aug. 23-Sept. 22. Get together with people who have compatible goals. The results will be beneficial and could lead to joint ventures.

♎ Libra | Sept. 23-Oct. 22. The learning you've acquired will now serve you well. Draw from your experience to find solutions that will give you an edge.

♏ Scorpio | Oct. 23-Nov. 21. Worry and stress will make it hard for you to get anything done. Let go of the past and remember what you are trying to achieve.

♐ Sagittarius | Nov. 22-Dec. 21. Your capabilities are making a favorable impression. A development will have a great impact on your plans.

♑ Capricorn | Dec. 22-Jan. 20. A leadership position could be offered to you. You have the ability to work under pressure; you are a strong candidate.

♒ Aquarius | Jan. 21-Feb. 18. You will face an unexpected turn of events. Someone you trusted with your ideas and plans will disappoint you. Don't be afraid to move forward.

♓ Pisces | Feb. 19-March 20. A long list of chores will vanish if you implement good organizational skills. Focus on productivity first in order to relax later.

♈ Aries | March 21-April 20. You may be having a hard time staying within your budget. Confide in an older relative who can provide useful strategies for saving.

♉ Taurus | April 21-May 21. You'll have trouble keeping your emotions under wraps. Deal with matters that you've been ignoring. Clear up any misunderstanding. BERNICE BEDE OSOL

Sudoku: Easy and hard

2			8					9
5	6				4			
7		1	2			3		
	2		5				9	
	1	5		3		7	2	
	9				8		4	
		3			2	9		7
			1				8	6
1					9			5

6		8	1	2				
1					8			2
5			4	6			9	
8							4	
		3	5		2	1		
	1							5
	8			9	5			7
2			6					9
				1	4	5		6

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Take pity on the shy ones

Re: 'No separate dating rules' (Metro, June 9) To letter writer Isabel Barros: You are displaying the same discrimination you accuse the article writer of. You state that you will date any man who has the confidence to ask you out. What about all the men who lack that confidence? Maybe they'd turn out to be your perfect mate; would you really destroy that potential because they can't do that one thing? Many women fail to realize that for a lot of men, asking a woman out can be torture; it's the hardest part of the dating process. There are a ton of good men out there, yet you'll never know them because you refuse to meet them halfway.
RICHARD LYNCH, VIA EMAIL

Help women bring home the bacon

Re: 'Stay-at-home dads on the rise along with joblessness' (Metro.us) Your article states, "Gender roles ... are converging, with men taking on more caregiving tasks and women increasingly becoming the breadwinners." This is all the more reason why women's earnings need to increase up to the same potential as salaries of men. This is also why stay-at-home dads should advocate for raising their wives' salaries. MARIBELLE VAZQUEZ-PAZOS, VIA EMAIL

letters@metro.us

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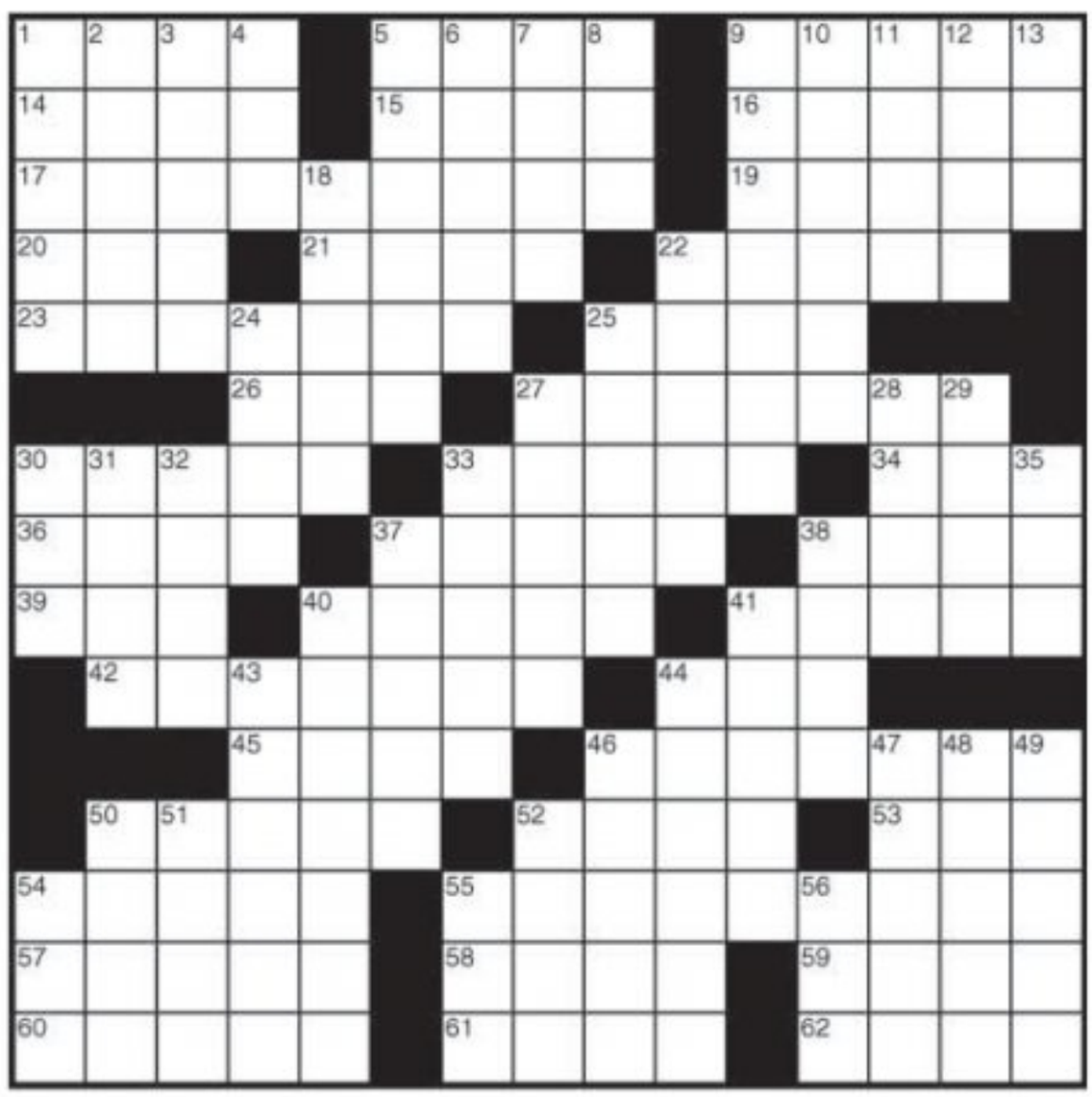
Crossword

Across
1 Night follower
5 Dust collectors
9 Vibes
14 Hawaiian island
15 Repeat
16 Cafe attraction
17 Obliged
19 Majorette's stick
20 Beaded shoe
21 Renoir model
22 Flax product
23 Harem jewelry
25 In — (as found)
26 Suffix for "forfeit"
27 Hot sauce
30 Ceiling
33 Debone
34 Kimono sash
36 Name in elevators
37 Classify
38 Circus animal
39 Toshiba rival
40 Mirage, perhaps
41 Showed fright
42 Sailing event
44 Pop
45 Crafts partner
46 Primes
50 Singer — Haggard
52 "Omigosh!"
53 Hush-hush org.
54 Quartet member
55 Happy with things
57 Rudimentary
58 Mr. Jackman
59 Raise one's voice
60 Mound
61 15th of March
62 Whirlpool

Down
1 Credo
2 Slugger Hank—
3 Swat
4 Cashew or filbert
5 Disprove
6 They turn litmus red
7 Clarified butter
8 Put down grass
9 Environment
10 Planet next to Saturn
11 Jot down
12 "Let's go!"
13 Chewie's pal
18 Dormant
22 Lawsuit cause
24 San — Obispo
25 Markdowns
27 Knee-to-ankle bone
28 Spring
29 Reed instrument
30 Nol or Chaney
31 Route for Ben-Hur
32 Long-tailed animals
33 Goes without food
35 Swing voter (abbr.)
37 Espresso with milk
38 Cheryl or Alan
40 Rowboat part
41 Check endorser
43 Pesto seasoning
44 Ocean bottoms
46 Gate pivot
47 Took steps
48 Bond-buyer's concern
49 With regret
50 Ham or lamb
51 Joy Adamson's friend
52 "— be surprised!"
54 "Cold Case" network
55 T'ai— ch'uan
56 "Science Guy" Bill —

Yesterday's answer



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TIME FOR THE PHILLIES TO TRADE UTLEY

The voice of Philly sports

ANGELO CATALDI

SPORTS@METRO.US

The Phillies must — absolutely must — trade Chase Utley.

That's right. The player who personifies the most successful era in franchise history, and the man most revered in our sports community over the past generation, should be handed a release from the hell where he currently resides.

The truth is, there is no good reason for the Phillies to keep their resident icon. At 35, he will not be here by the time the next wave of talented players matures into a winner. He needs a place where every hit will have meaning. He has earned one (or two) more pennant races, one (or two) more curtain calls.

If there was still any doubt that Utley's remarkable run here was ending, it came 10 days ago, when he repeatedly beckoned from first base for teammate Ben Revere to take a bigger lead off third. Revere ignored him, but that moment illustrated the level of frustration Utley feels, and the futility of his presence on this lazy, stupid team.

The only good Utley can do for the Phillies right now is to bring back a package of young players. Winning a few more games will not revive any hopes to contend this year; it will merely provide one more painful reminder of an era long gone.

Utley leads the Phillies' offense is almost every category, but has expressed frustration over the teams lazy play. / GETTY IMAGES

Peter Gammons, the national baseball commentator who lists Utley among his favorite players of all time, said last week that a bidding war is inevitable between the Giants and the Dodgers if the Phils decide to test the market. He also said the Phillies could expect to get either two or even three top prospects from those talent-rich NL West rivals.

When I asked GM Ruben Amaro Jr. last week about the notion of trading Utley, he quickly dismissed the talk as "a moot point" because Utley has a no-trade clause. Really? Has anybody asked the best second baseman in Phillies history if he would rather go out a winner or an afterthought?

Amaro is convinced that Philadelphia would never accept the departure of a hero like Utley, but he is wrong about that, too. A recent Internet poll I conducted on my WIP radio show revealed that — among hundreds of votes — 61 percent of fans think it's the right time to trade their favorite player.

The Phillies will be better in the long run if they trade Utley now. Utley will be better in the short run playing meaningful games in August and September, and maybe even winning another championship. And the team that acquires him will be getting a terrific player and an extraordinary role model.

That's why the Phillies must trade Chase Utley.

Metro does not endorse the opinions of the author.

Idle thoughts

- Cliff Lee hasn't thrown a baseball in three weeks. The medical staff's decision to let him pitch for a month with a sore elbow is one of the worst in a season of bad decisions. The Phils need new players. They need new doctors, too.
- Pete Rose isn't just out of baseball; he's also out of his mind. The biggest stat whore in baseball history, Rose ripped Jimmy Rollins for wanting so badly to set the Phillies hits record. Hello? Rose played three years too long just to beat Ty Cobb's all-time hits mark, and now he's complaining about Rollins? Please.

3 SPORTS

Milestone watch

Rollins is five hits away

When the Phillies host the Padres on Tuesday after their first 24 hours of rest in 20 days, Jimmy Rollins will be just five hits shy of setting a new Phillies hits record. With six games at home this week, (three against the Padres, three against the Cubs), Rollins has a chance to set the mark at home before the Phillies begin a seven-game road trip next Monday.

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Cataldi. Eagles' RB McCoy needs to sit down and shut up

The dumbest campaign in sports right now is LeSean McCoy's effort to convince the world that he's the NFL's best running back. In a boast reminiscent of Muhammad Ali's "I am the greatest!" shtick of 40 years ago, the Eagles star went on ESPN last week and again stated his case.

"Check the numbers," McCoy boasted. "The last three years? I've been All-Pro first-team twice. I never leave the field. I block. I catch. … Tons of credit goes out to Adrian Peterson. I'm a big fan of his, for sure. But I feel I'm the best."

Maybe McCoy is right. He certainly was amazing in that snowstorm last fall, when he slalomed for 217 yards against Detroit and gave fans a performance that will be remembered forever. And yes, he has been slightly better than Peterson in all-purpose yards (4,983 vs. 4,860) over the past three years.

The problem is, McCoy should not be the one making the argument. What does he hope to accomplish by offering testimonials to himself? When he proclaimed himself No. 1 the first time a few months ago, everybody wrote it off as a weak moment by a normally classy player, but McCoy has not stopped the self-tributes this whole offseason. **ANGELO CATALDI**

LeSEAN McCOY
GETTY IMAGES

Final thoughts

"LeSean McCoy is a terrific running back — maybe the best there is in the NFL. Now what he really needs to do is shut up and prove it."

Cataldi on the Sixers

Parker the only real prize in this year's draft

The Sixers have only a 1-in-3 chance of being rewarded for tanking this past season. If they end up with Andrew Wiggins or Joel Embiid in the NBA draft, they lose. The only real prize at the top of the draft is Jabari Parker.

Jabari Parker / GETTY IMAGES

At the moment, Embiid is expected to go first to Cleveland, and that's good news for the Sixers because the Kansas center has disaster scrawled right across his 7-foot frame. Embiid didn't finish his freshman year because of a stress fracture in his lower back.

Wiggins, the biggest talent in the draft, is lacking something essential in a marquee player: desire. Kansas coach Bill Self openly questioned Wiggins' motivation. Parker is not as sexy a choice as the two Kansas underachievers, but he is the right one. He's fast, smooth, versatile and smart. **ANGELO CATALDI**

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‘Group of death’

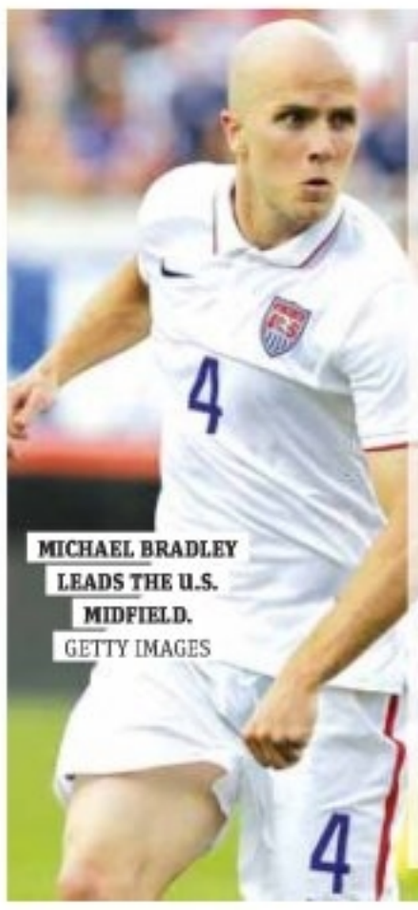
Germany is the favorite in a loaded Group G that also features the U.S., Portugal and Ghana.

MATT BURKE
matthew.burke@metro.us

Groupings for the 2014 World Cup were made last December. Therefore, it’s been six whole months that the U.S. men’s national team has known that even making the Round of 16 will be an arduous task.

Group G is one of two perceived “Groups of Death,” along with Group B (Spain, the Netherlands, Chile and Australia).

Visit **metro.us** for a Q&A interview with Brazil soccer legend Pele.



MICHAEL BRADLEY LEADS THE U.S. MIDFIELD. GETTY IMAGES

2014 World Cup

United States

Head coach Jurgen Klinsmann’s decision to leave Landon Donovan off the U.S. men’s team immediately opened him up to scrutiny. Many American fans are already down on his scheming and he didn’t win anyone over when he bluntly said the U.S. “can’t win” in Brazil. Unfortunately for American fans, he’s probably right – but that doesn’t mean the U.S. can’t pull off an upset or two. The Americans have depth in the middle of the field, with Michael Bradley leading the way.

2014 World Cup

Portugal

Cristiano Ronaldo is the marquee name of this tourney and he’s already under the microscope, as he works through a bout of left patellar tendinosis. But there’s little doubt that the attacker will give it a go.

2014 World Cup

Ghana

Ghana will likely be the United States’ “easiest” matchup in Group G play, but you don’t have to explain to the Americans just how formidable an opponent Ghana is. The West African country has eliminated the U.S. from each of the last two World Cups.

2014 World Cup

Germany

Germany has been mentioned as a favorite to win the whole shebang, along with Brazil, Argentina and Spain. The Germans don’t care much for U.S. head coach Jurgen Klinsmann, who was a head coach in Germany for years.

GERMANY’S PHILIPP LAHM IS NOT VERY FOND OF U.S. COACH JURGEN KLINSMANN.

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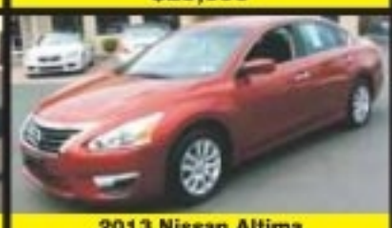
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Any person wishing to comment on this application may file comments in writing with the Large Bank Licensing Lead Expert, Office of the Comptroller of the Currency, Mail Stop 10E-2, 400 7th Street SW, Washington, DC 20219, within 15 days after the date of this publication. The non-confidential portions of the application are on file with the Comptroller of the Currency as part of the public file. This file is available for public inspection during regular business hours.

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